

MechSE WELLness

V02 Visual and Physical Ergonomics

Intent: Reduce physical strain and injury while improving ergonomic comfort, workplace safety, and general well-being through ergonomic design and education.

In 2016, among ALL age groups, musculoskeletal disorders ranked 7th on the list of top drivers of global disability of which low back and neck pain are core issues. Such disorders cause lost or restricted work performance and presenteeism (at work but not working; at school but not studying). Specific risk factors are heavy lifting, bending, reaching overhead, pushing or pulling heavy objects, working in awkward positions, and performing repetitive tasks. Both prolonged sitting and standing pose health risks. Ergonomics is the study and practice of fitting the workplace to user need. So valuable are those who educate us in ergonomics that after such consultation and adjustments, frequency and severity of work-related musculoskeletal symptoms were significantly reduced.

Impact: Along with physical activeness, caring for the individual when standing or sitting for prolonged periods will reduce musculoskeletal symptoms, increase work-study concentration, and advancement.

What are the requirements to earn this credit?

1. Support visual ergonomics, by providing computer monitors that can be height and distance adjusted by user.
2. Support desk height flexibility for those who request up to 25% of employees.
3. Ensure seat flexibility by allowing adjustment in chair height, seat depth, and one of the following three: a) seat angle, b) backrest angle, or 3) arm rests.
4. Provide standing support for those who must stand over 50% of their work period by means of anti-fatigue mats or cushions.
5. Provide ergonomics education to all in the department.

How is MechSE accomplishing these requirements?

Coming to know and understand ergonomics can greatly enhance every experience in our active lives. MechSE provides the WELL Library and communications to help us learn and implement ergonomic features into our work and daily life. Almost all of us, if not all, have computer monitors that can be adjusted as noted above, chairs that allow for adjustments, and some of us have standing desks. Those in our maker spaces have mats at each machine where prolonged periods of standing are required or a stool is provided to allow rest. Finally, all new equipment to be purchased is reviewed by Director of Facilities to meet the above requirements.



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